

# Diversity in Cooking is Essential

Sanae Suzuki, with Eric Lechasseur

When I was 14 I learned the acronym TPO, which stands for Time, Place, and Objective. I read it in a Japanese fashion magazine, where the author explained that there is an appropriate “look” for every time, place, and objective.

I had never given much thought to living or eating according to such guidelines at that time, but in my macrobiotics practice, it is essential to know that there is a right time for everything in nature.

It has been one of our challenges to cook and eat a wide variety of foods in accordance with TPO. In a fast-paced city like Los Angeles, everybody seems to be too busy to cook for himself or herself. I recommend that even these people cook at least once a week, like they go to a yoga class or to the gym. Once we start to cook we can learn to use healthy ingredients and various cooking styles by TPO.

Here are some recipes from *Love, Sanae* and *Love, Eric and Sanae* that show great diversity in macrobiotic cooking. Some are simple with a few ingredients, while some are more elaborate.



**SANAE SUZUKI**

## MENU

Soup: Creamy Carrot Soup with Kombu Dashi, Fried Carrot Top, and Tofu Sour Cream

Grain: Barley and Fava Bean Salad

Greens: Quick Sautéed Pea Sprouts

Desserts: Eric's Strawberry Cup Cake

## CREAMY CARROT SOUP WITH FRIED CARROT TOPS

Makes 4 servings

### For the soup:

4 to 5 cups Kombu Dashi (see below)

1 cup onion, diced

1 cup baby spring onions, peeled (or substitute regular onion, finely minced)

½ tsp sea salt

3 cups carrot, diced

½ cup cooked brown rice

3 Tbsp white miso

Fried Carrot Tops, as garnish

Tofu Sour Cream, as garnish

### To make the soup:

1. In a large pot over medium-high heat, add a portion of the kombu dashi to a depth of about ¼-inch to ½-inch.

2. Add onion and sea salt. Water-sauté until onions become translucent.

3. Add carrots and remaining kombu dashi. Bring to a boil, add rice, cover, and simmer 30 to 40 minutes.

4. Gently stir in the miso and allow pan to sit for two minutes and turn off heat.

5. Transfer mixture to a food mill and puree until smooth and creamy.



6. Transfer soup to individual serving bowl and garnish with Fried Carrot Tops (see below) and Tofu Sour Cream (see below). Serve hot.

#### **Kombu Dashi:**

**5 cups purified water**  
**5, ½-inch square pieces of kombu**

#### **To make the dashi:**

1. Wipe the kombu clean with dry cloth.
2. To cook the dashi, use one of the following:
  - No-cook method: In a large pot or bowl, combine the kombu and water, and soak for 2 to 3 hours.
  - Stovetop method: In a pot over a medium-high heat, combine the kombu and water. Just before it comes to a boil, reduce heat, and simmer for 20 to 30 minutes.
3. Strain to remove the kombu. Dashi will keep for 2 to 3 days in the refrigerator.

#### **FRIED CARROT TOPS:**

Makes 4 servings

##### **For the garnish:**

**4 to 5 small branches fresh, green carrot tops**  
**safflower oil (for deep frying)**

#### **To make the garnish:**

1. Remove carrot tops from roots and wash very well. Wipe with a clean, dry cloth to remove moisture.
2. Deep fry the carrot tops in oil (2 to 3 inches deep) at 325 degrees F. Drain on paper towels.

#### **TOFU SOUR CREAM:**

Makes about 1 cup

##### **For the sour cream:**

**6 ounces silken tofu, medium-firm**  
**juice from 1 lemon**  
**2 pinches sea salt**  
**2 Tbsp olive oil**

##### **To make sour cream:**

1. In a small saucepan, blanch the tofu in about 2 cups of boiling water for one minute. Drain thoroughly and transfer to a blender. Discard water or use in another recipe.
2. Add remaining ingredients and blend until creamy.
3. Transfer to a container and refrigerate until well chilled.
4. Serve with carrot soup or other soup.

#### **WHOLE BARLEY AND FAVA BEAN SALAD**

Makes 4 servings

##### **For the grains and beans:**

**½ cup whole barley**  
**½ cup short grain brown rice**  
**2 cups purified water for the grains**  
**1 pinch sea salt for the grains**  
**4 cups water for beans**  
**2 pinches sea salt for the beans**  
**2 cups fresh fava beans, removed from pods**  
**¼ cup fresh lemon juice**  
**¼ cup olive oil**  
**¼ cup roasted almonds, coarsely chopped**

##### **To make the grains and beans:**

1. Combine the barley and rice in a mesh strainer. Place strainer in a bowl under cold running water and rinse until the water is clear—usually

three times or more. Drain. Transfer the grains to a 5-quart pan with a lid, add the purified water and soak for 4 to 6 hours.

2. Add the pinch of sea salt, bring to a boil, cover and simmer for 50 minutes. Remove from heat and set aside.

3. Meanwhile, bring 4 cups of water to boil in a 2-quart saucepan, blanch the fava beans in boiling salted water. Plunge beans in ice water and drain. Peel the thick “skins” off of each bean and set aside. Discard water.

4. Transfer cooked grains to a large bowl. Thoroughly combine the fava beans with the grains. Stir with lemon juice and oil and serve with almonds.

#### **QUICK SAUTÉED PEA SPROUTS**

Makes 4 servings

##### **For the sprouts:**

**1 tsp sesame oil**  
**½ pound fresh pea sprouts**  
**2 pinches sea salt**

##### **To make the sprouts:**

1. In a wok over high heat, warm the oil.
2. Add the sprouts and sea salt and sauté for just 1 minute or less. Serve hot.

#### **ERIC'S STRAWBERRY CUPCAKES**

Makes 12 cupcakes

##### **For the cupcakes:**

**1-1/3 cups white spelt flour**  
**1¼ cups oat flour**  
**1 pinch sea salt**  
**2 tsp baking powder**  
**2 tsp baking soda**  
**¾ cup maple syrup**  
**1/3 cup safflower oil**  
**1/3 cup soymilk (unsweetened)**  
**½ tsp vanilla extract**  
**4 ounces silken firm tofu**

**For the frosting:**

- 14 ounces extra firm tofu
- 1 tsp vanilla extract
- ¼ cup maple syrup
- 5 ounces fresh organic strawberries
- 2 Tbsp agar flakes
- 1/3 cup water
- ¼ cup safflower oil

**To make the cupcakes:**

1. Preheat the oven to 325 degrees F.
2. In a large bowl, combine the flours, sea salt, baking powder and baking soda.
3. In a blender, combine the maple syrup, oil, soymilk, vanilla, and tofu. Blend until smooth.
4. Pour the tofu mixture into the flour mixture and combine gently with a wire whisk.
5. Divide into 12 muffin cups and bake for 30 minutes.
5. Remove cupcakes from oven and allow to cool.

**To make the frosting:**

1. In a food processor, combine the tofu and vanilla and purée until very creamy and smooth.
2. Add the maple syrup and purée again. Transfer mixture to a bowl and set aside.
3. Purée the strawberries separately. Add the tofu mixture and purée again.
4. In a saucepan over medium-low heat, simmer the agar with the water until dissolved. Add to the strawberry tofu mixture and purée until well combined.
6. In a small saucepan, warm the oil to 80 degrees F and slowly pour into the food processor while it is mixing. This step ensures a creamy-textured frosting.
7. Allow frosting to cool, then spread over the top of each cooled cupcake.

*These recipes are from Love, Sanae: Healing Vegan Macrobiotic Cooking and Love, Eric and Sanae: Seasonal Vegan Macrobiotic Cuisine. These recipes are served with variations at café "Seed" in Venice, California.*

*Sanae Suzuki is an author of Love Eric & Sanae and a Whole Health Macrobiotic Counselor, who found natural medicine and macrobiotics on her path to healing from cancer. Sanae completed level IV at the Kushi Institute. It is her desire to help plant a seed of physical, intellectual, and spiritual happiness that will flourish within each person she meets. Today she helps her husband, Eric Lechasseur, run their macrobiotic cafe called "Seed" where she holds a weekly macrobiotic community night.*

*More information can be found at: <http://loveericinc.com> and <http://www.seedkitchen.com>.*

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